

P-30: Tobacco Intervention Program

Venue: Community

Goal: Promoting Cessation of Tobacco Use

Sponsoring Organization: Northeast Tri-County Health District

Abstract: The NE Tri Tobacco Intervention Workgroup, working with the North East Tri-County Health District, has identified a project to increase cessation resources for the low-income and rural populations of Ferry, Stevens, and Pend Oreille Counties. Local doctors are invited to participate in a program to promote tobacco cessation among their clients. The Health District is reimbursing participating health care providers for providing their smoking patients with separate visits to discuss tobacco cessation. A total of five visits, along with up to 90 days of nicotine replacement therapy, may be reimbursed. The Health District is also supporting the physicians with a resource binder, quit kits, pamphlets and cessation classes. The project outcomes are being tracked through billing and data collection forms. The project focuses on increasing tobacco cessation interventions and resources for pregnant women, youth and adults who are ready to quit. Currently 90% of area physicians have signed up to participate, and 105 patients have been served.

Recommendations: Create a partnership with doctors and health care professionals. Use doctors' influence to encourage smokers to quit. Be organized: have the infrastructure in place for billing procedures, resource provision, cessation classes, and data tracking in place. Create a plan to evaluate costs and outcomes of the program. Knowing that current and future resources will be limited, use available funds to create sustainable structures (so that training and resources continue to provide benefits, even after the "extra" go away).

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